

Step-by-Step Guide: Olympic Nandao Wushu Form

The Olympic (IWUF competition) nandao form is a contemporary wushu routine using the southern broadsword. While each athlete's choreography may vary, all routines must include required techniques and stances as per IWUF rules^{[1] [2]}. Below is a step-by-step breakdown of a typical nandao routine, combining official requirements and instructional details from tutorials^{[3] [1] [2]}.

1. Starting Position

- Stand upright, feet together, nandao held in left hand at your side.
- Right hand forms a palm, placed at the waist for readiness^[3].

2. Opening Stance

- Step out with your left foot into an empty stance (Xū Bù), simultaneously raising the nandao in front of you with both hands.
- Right hand releases and forms a palm, left hand holds the sword^[3].

3. Broadsword Flower (Figure 8)

- With the right hand, take over the sword and perform a "flower" (Jiǎn Wàn Huā Dāo), circling the blade in a figure-eight motion^{[3] [1]}.
- Land in a low stance, keeping the sword in a blocking position^[3].

4. Power Cut and Step

- Step out at a 45-degree angle with your right foot into a bow stance (Gōng Bù).
- Execute a strong cut (Pī Dāo) with the sword, assisted by the left hand for power^{[3] [1]}.

5. Parry and Low Stance

- Shift into a horse stance (Mǎ Bù) or crouching stance (Pū Bù) while parrying (Gé Dāo) with the blade^[1].
- Maintain low body position for stability and power^[3].

6. Wrapping and Slicing

- Perform a wrapping motion (Guǒ Nǎo) with the sword around your head, transitioning into a slicing technique (Mǒ Dāo)^[1].

7. Sweeping and Intercept

- Use a sweeping motion (Sǎo Dāo) to clear the area in front of you, then quickly intercept (Jié Dāo) with the blade^[1].

8. Advanced Footwork and Stances

- Incorporate kirin steps (Qílín Bù), butterfly stance (Dié Bù), and dragon riding stance (Qí Lóng Bù) as you transition between techniques^[1].
- Always step at 45-degree angles for dynamic movement^{[3] [1]}.

9. Aerial and Kicking Techniques

- Include a whirlwind kick (Xuanfengjiao 360°), lotus kick (Tengkong Bailian 360°), or flying front kick, landing in a stable stance^[2].
- These jumps are required in competition and must be executed with control^[2].

10. Final Section and Closing

- After the last aerial or power move, return to a stable stance (often horse or bow stance).
- Lower the nandao and bring the right palm to the left fist in a traditional salute to finish^[3].

Required Techniques (per IWUF 2024 rules)^[1]:

Sword Techniques	Stances	Leg/Footwork
Broadsword twining (Chán Tóu)	Bow stance (Gōng Bù)	Kirin steps (Qílín Bù)
Wrapping (Guǒ Nǎo)	Horse stance (Mǎ Bù)	Horizontal nail kick
Chop (Pī Dǎo)	Crouching stance (Pū Bù)	(Héng Dīng Tuǐ)
Slicing (Mǒ Dǎo)	Empty stance (Xū Bù)	
Parry (Gé Dǎo)	Butterfly stance (Dié Bù)	
Intercept (Jié Dǎo)	Dragon riding stance (Qí Lóng Bù)	
Sweeping (Sǎo Dǎo)		
Figure 8 (Jiǎn Wàn Huā Dǎo)		

Additional Tips

- Each movement should flow smoothly into the next, with clear power and intent.
- Focus on strong stances, coordinated footwork, and precise sword technique.
- The full routine must last between 1 minute 20 seconds and 1 minute 35 seconds^[1].

For a visual demonstration, refer to detailed video tutorials on nandao basics and form execution^{[3] [4] [5]}.

Note: The above steps summarize the structure and key elements of a competition nandao form. For full mastery, practice each section slowly, focusing on technique, before linking them into a continuous routine.



1. <https://en.wikipedia.org/wiki/Nandao>

2. <https://www.munideporte.com/imagenes/documentacion/ficheros/111111111111wushu.pdf>
3. <https://www.youtube.com/watch?v=dWnl0QyxKul>
4. https://www.youtube.com/watch?v=9Q_HmEjXSbs
5. <https://www.youtube.com/watch?v=9vgTU1Q5Smk>